EAT WELL, AGE WELL.
Monthly Tracking Calendar- Purple Foods

**RECORD HOW YOU DID WITH YOUR WEEKLY CHALLENGES**

WEEK 1: Eat berries 3 times this week.

WEEK 2: Try purple potatoes for dinner.

WEEK 3: Have purple cabbage at least once this week.

WEEK 4: Try an eggplant recipe and keep the skin on.

Complete the Weekly Challenges & you will feel better and be more in control of your health. We Dare You!